

## Children enjoy the Fantasy Parade!

Page 9

**NFL**  
**SEASON LIVE**  
AT DOUBLE DOWN  
WATCH YOUR FAVORITE TEAM PLAY  
SURROUNDED BY THE GOOD TIME,  
COLD BEER, AND GREAT FOOD.  
**DOUBLE DOWN**  
SPORTS BAR & GRILL

**ARUBA RAY'S COMEDY**  
**LIVE STANDUP COMEDY**  
FOR TICKETS AND INFO:  
[www.ArubaComedy.com](http://www.ArubaComedy.com)



## Pinchos Grill & Bar

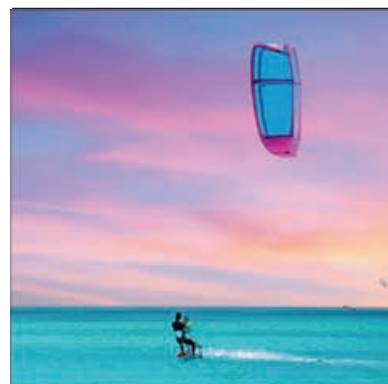
Now in its 20th plus year, owned and run by a local family.

Open 7 days a week, as of 5:00PM  
Full Service Bar  
Live Music on weekends

Reservations: (297) 583 2666 or [reservations@pinchosgrillaruba.com](mailto:reservations@pinchosgrillaruba.com)







# TOURIST SIM

EXPERIENCE ARUBA LIKE NO OTHER

| Data      | Unlimited* | Unlimited* |
|-----------|------------|------------|
| SETAR min | 200        | 300        |
| Other min | 30         | 60         |
| SMS       | 50         | 50         |
| Duration  | 7 Days     | 14 Days    |
| Price     | \$30       | \$50       |



\* Every bundle offers a 5GB daily data allowance based on our Fair Use Policy.  
International Minutes and SMS includes calls and text to other providers and the following countries: Bonaire, Canada, Colombia, Curacao, Saba, St. Eustatius, St. Maarten, The Netherlands, Panama, USA.

## The new 'Be The People' campaign wants to unite hundreds of millions of Americans to solve problems

By **THALIA BEATY**  
**Associated Press**

As the official celebrations of the 250th anniversary of the signing of the Declaration of Independence culminate on July 4, a well-financed, privately funded initiative will kick off to try to connect hundreds of millions of Americans with efforts to solve local problems.

The "Be The People" campaign aspires to change the perception that the U.S. is hopelessly divided and that individuals have little power to overcome problems like poverty, addiction, violence and stalled economic mobility. It also wants to move people take action to solve those problems.

Brian Hooks, chairman and CEO of the nonprofit network Stand Together, said the 250th anniversary is a unique moment "to show people that they matter, that they have a part to play, and that the future is unwritten, but it depends on each one of us stepping up to play our part." Funded by a mix of 50 philanthropic foundations and individual donors, Be The People builds on research that indicates many people want to contribute to their communities but don't know how. The initiative is targeting more than \$200 million for its first year's budget.

Founding members range from nonprofits — including GivingTuesday, Goodwill Industries, Habitat for Humanity and More Perfect, businesses like Ron Howard's Imagine Entertainment and the National Basketball Association, to funders like



**Martin Luther King III, and his wife Arndrea Waters King smile during the second half of an NBA basketball game between the Atlanta Hawks and the Milwaukee Bucks, Monday, Jan. 19, 2026, in Atlanta.**

**Associated Press**

the John D. and Catherine T. MacArthur Foundation. Hooks said this is a 10-year commitment toward trying to achieve what would be a profound shift in behavior and culture. He referenced a 2024 Pew Research Center survey that found most Americans in 2023 and 2024 did not believe that the U.S. could solve its most important problems, saying it was a "red alert" for the country.

Hooks said the initiative envisions actions far beyond volunteering or service that people could do in their free time. He pointed to a role for businesses and schools and said the initiative would launch a major data collection effort to track whether people are actually more engaged and whether problems are actually getting solved. Stand Together, which was founded by the billionaire

Charles Koch, works across a broad range of issues and communities in the U.S. and has carved out a role for itself as a convener that can bring coalitions together across ideological lines.

"Be The People," will not incorporate as a new nonprofit, but act more like a banner for groups to organize under and use to connect to resources. As an example, at the Atlanta Hawks game on Monday, Martin Luther King III and his wife, Arndrea Waters King, linked a program they launched last year, Realize the Dream, which aims to increase acts of service, to the new campaign.

"Our vision is that 'Be The People' helps lift up what is already happening in communities across the country and reminds people that service and shared responsibility are defining parts of the American story," the

Kings said in a written statement. Asha Curran, the CEO of the nonprofit GivingTuesday, said small actions can build on each other like exercising a muscle.

"Our experience with GivingTuesday is that when people volunteer together, when people work together on something to do with positive social impact, they find it harder and harder to demonize each other," said Asha Curran, its CEO. The initiative comes against a backdrop of deep polarization, economic inequality and the degradation of democratic norms and institutions in the U.S. Hahrie Han, a political scientist at Johns Hopkins University, has studied civic engagement and said people need more opportunities to authentically participate as problem solvers when connecting with local organizations.

"They're more likely to be invited into things where people are asked to let professional staff do most of the problem solving and they show up and give their time or their money," she said.

The result is that people feel less committed and don't see their participation as helping to achieve their interests or goals.

A growing number of private foundations have started funding issues related to the health of U.S. democracy, said Kristin Goss, a professor who directs the Center for the Study of Philanthropy and Voluntarism at Duke University. While foundations cannot participate in elections, Goss said they can influence policy or public opinion in other ways.

"Funders are getting more concerned about the health of American democracy, the future of the democratic experiment and pluralism and inclusion," Goss said.

Another group of funders, including the Freedom Together Foundation, launched a project last year to recognize people and groups who stand up for their communities, which they called a "civic bravery" award.

In a November report, they issued a similar call for funders to invest in helping individuals organize together in response to a rise in authoritarianism.

Hooks and the other leaders of "Be The People" have also convened major communications teams to help tell these stories, which they think are lost in the current information ecosystem. □



# New diet guidelines say to double up on protein, but nutrition experts are wary

By JONEL ALECCIA  
AP Health Writer

Protein just got a big boost from U.S. health officials.

The latest federal dietary guidelines tell Americans to "prioritize protein foods at every meal" and advise increasing daily intake — up to double the amount of previous recommendations.

"We are ending the war on protein," Health Secretary Robert F. Kennedy Jr. said in a White House post on social media.

The guidance including a new food pyramid emphasizes red meat, whole milk and other animal sources of protein, while downplaying plant-based offerings.

But top nutrition experts question the protein push, saying Americans already consume more protein than they need, and there's no new evidence that people need to drastically ramp up consumption. For many people, eating much more protein could lead to more fat and more cases of diabetes, they say.

"If you're actively building muscle with strength or resistance training, more protein can help," said Dr. Dariush Mozaffarian, a Tufts University nutrition expert. "Otherwise, you're getting enough."

Others worry that the dietary advice will accelerate the trend of companies encouraging Americans to embrace extra protein in foods including bars, cereals and snacks — even water.

Sales of protein-enriched packaged food will increase at a time "when one of the main messages is 'eat real food, eat whole foods,'" said Christopher Gardner, a nutrition expert at Stanford University. "I think they're going to confuse the public in a big way."

Here's what you need to know about the new protein recommendations:



New York strip steaks are on display at a Sam's Club, Wednesday, Sept. 24, 2025, in Bentonville, Ark.

Associated Press

## What is protein and how much do people need?

Protein is a macronutrient that is in every cell in the human body. It's vital for growth and repair of muscle, bone, skin, hair and other organs and tissues. It's made of building blocks called amino acids, including some that the body doesn't make and must come from food.

For decades, the U.S. dietary guidelines and other sources have recommended that people consume 0.8 grams of protein per kilogram of body weight each day, or about 54 grams daily for a 150-pound person.

The new recommendation advises people to consume 1.2 grams to 1.6 grams of protein per kilogram of body weight up to double the previous advice. The guidance says adults should consume at least 100 grams of protein per day with half or more coming from animal sources.

The average adult man already consumes about 100 grams of protein a day, or twice the old recommendation.

## Why did the new dietary guidelines change?

The previous protein recommendations were calculated to prevent a nutri-

tion deficiency, according to a scientific review published with the new dietary guidelines.

"It represents the lowest intake that maintains equilibrium in most healthy adults but does not reflect the intake required to maintain optimal muscle mass or metabolic function under all conditions," the review said.

The new document relied on evidence from 30 studies that looked at the effects of higher protein diets on weight management and nutrient adequacy.

It concluded that protein intakes well above the previous guidance "are safe and compatible with good health." □

# WACKY WAHOO'S

Your first choice for locally caught fish and seafood on the island.  
Very reasonably priced, exciting menu and no service charge added to your bill.



We are open from Monday - Saturday from 5.30pm - 10pm.  
No reservation required! We operate on a first come first serve system.

Located within walking distance from the High Rise hotels at Palm Beach #33.  
For more information call +297-586.7333



# MAX movie tells Ohio's environmental comeback story from burning river to top-ranked state parks

**By JULIE CARR SMYTH**  
**Associated Press**  
**COLUMBUS, Ohio (AP)**  
 — When you think IMAX, chances are your mind goes to those immersive documentaries that take you inside volcanoes, deep under oceans, atop mountains or to distant planets. Or to those wide-screen films that bathe you in backstage experiences with iconic rockstars or Hollywood special effects. But, this year, the state of Ohio is using the technology to tell an environmental comeback story closer to home.

"Ohio: Wild at Heart" features the state's top-ranked park system to highlight wildlife conservation efforts and the restorative power of outdoor recreation. Filmed over more than a year, the \$2.5 million project paid for with information and education funds is drawing large crowds at science museums around the state and heads next



**Audience members watch "Ohio: Wild at Heart" that features the state's top-rated park system to highlight wildlife conservation efforts and the restorative power of outdoor recreation at the Robert D. Lindner Family OMNIMAX Theater at the Cincinnati Union Terminal, Tuesday, Dec. 30, 2025, in Cincinnati.**

year into classrooms. Ohio Department of Natural Resources Director Mary Mertz calls it "a love letter to the mission of protecting our natural resources and expanding opportunities to explore."

Ricky Jackson, a conservationist and taxidermist from Gallipolis, Ohio, in the state's Appalachian region, said he wasn't expecting to leave the theater feeling as if he'd seen a documentary filmed all

**Associated Press**  
 across North America.

"It was just really, really unexpected to see so much diversity all filmed in Ohio," Jackson said. After viewing the film at its premier at COSI, Co-

lumbus' science center, last fall, Jackson said he thought the film was "very cool, very well done," and he learned a lot. "It was very motivating," he said. "It made you want to see parts of the state you've never seen, or experience nature in Ohio in a way that you just didn't know was available." Narrated by Ohio State football great Archie Griffin, the documentary depicts the state's landscapes at a sweeping scale from the lighthouse-dotted shores of Lake Erie in the north to the towering limestone formations of the Hocking Hills in the hilly south.

The efforts take on outsized meaning given the historical context. It was the Cuyahoga River in Cleveland catching on fire in 1969 that sparked the modern environmental movement and the creation of the U.S. Environmental Protection Agency. □

## The secret to pest-free houseplants starts at the nursery

**By JESSICA DAMIANO**  
**Associated Press**  
 If you grow houseplants, you probably know that sinking feeling you get when you notice the almost imperceptible movement of a dot, fine webbing between a leaf and its stem, or a leaf that just looks off. You thought (hoped!) the moment would never come, but the pests have moved in, and here we are.

### Check out the plant before buying it

The old adage about an ounce of prevention being worth a pound of cure also applies to houseplant infestations, and this all

could have been avoided if you had taken precautions, starting at the nursery. Before bringing home a plant, inspect it closely. Look at the soil, stem, leaves and, importantly, under the leaves, where some pests like to make their homes. Use your phone's camera to zoom in on questionable specks. If all looks good, go ahead and buy the plant, but repot it once it crosses your threshold.

### What to do when you bring the plant home

Remove the plant from its container and gently shake, then wipe as much of the soil from the roots as possible. This is important because even in the absence of visible pests, there could be eggs waiting to hatch in the soil. Repot the plant using fresh, sterile potting mix in a clean container with a

drainage hole at the bottom. If reusing the original pot, first wash it and disinfect it with a 90/10 water-to-bleach solution. Plant the roots exactly as deep as they were in the original pot, and tamp the soil down firmly to eliminate air pockets. Then give the plant a moderate drink of water.

When the soil surface dries, sprinkle it with about 1/4 inch of food-grade diatomaceous earth (DE). To ensure even distribution, consider using a powder duster, sometimes called a puffer. Wear a mask; the dust isn't toxic to people or pets, but it will irritate your lungs if inhaled. Insects that crawl across the dry powder, which is composed of tiny shard-like particles, become dehydrated and die. Diatomaceous earth must be kept dry to maintain its

effectiveness, so bottom-water plants by placing pots in a shallow container of water. Allow the soil and roots to soak up what they need for about 15 minutes, then discard any remaining water. Bottom watering also helps prevent fungal diseases and root rot, so it's a good practice regardless of pest concerns. DE should be reapplied occasionally because soil moisture will degrade it over time, even when watering from below.

### Protect your other plants

If you have other houseplants, quarantine your newcomer in a separate room for three to four weeks. Inspect it every few days as you did at the nursery, as some pests may not show their faces for a while. When you're confident all is clear, go ahead and introduce your plants to the rest of the family. □



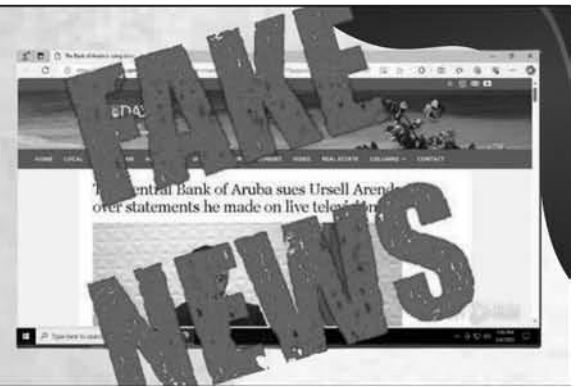
**Diatomaceous earth, a natural insecticide, is administered to a plant's soil surface on Long Island, N.Y. on Jan. 12, 2026.**  
**Associated Press**



## Be aware of scams on social media!

Don't click on sponsored ads that are using Aruba Today's likeness. Visit only our official Facebook Page, Aruba Today News or our website, [www.arubatoday.com](http://www.arubatoday.com).

If you encounter any problems, we are here to help: [news@arubatoday.com](mailto:news@arubatoday.com)



## Milan Fashion Week: Five trends and buzzwords from menswear previews for next winter

By COLLEEN BARRY  
AP Fashion Writer

**MILAN (AP)** — The Olympic spirit permeated Milan Fashion Week, closing Monday, from Canadian designers Dsquared2 cheeky tribute to the Games, Emporio Armani's in-store parade of Team Italia's uniforms and Ralph Lauren's celebrity-packed runway show, strong on ski resort wear as it prepares to outfit Team USA.

Fashion always reflects what is going on in the world at large, and the front-row chatter went beyond silhouettes, notably streamlined at Prada, and striking, inventive accessories, like Dsquared2's hybrid winter footwear, to questions of diversity and sustainability.

Some highlights from four days of mostly menswear previews for Fall-Winter 2026-27:

Olympic spirit

The Italian fashion house Dsquared2, founded by Canadian twins Dean and Dan Caten, made a strong, if ironic, case for why they would have been a fun choice as Team Canada's official Olympic outfitter for the Feb. 6-22 Games. Fellow Canadian Hudson Williams, the actor starring in the buzzy series "Heated Rivalry" about a gay hockey love story, opened the show, strutting down a fake-snow-covered staircase wearing a ripped double denim jacket and sparkly racing number.

Dsquared2 was a gold-medal contender for best footwear of the season. For women, the twins created a hybrid floating high heel that snaps into a sturdy ski boot at the ankle. The brand created a similar



A model wears a creation as part of the Dolce & Gabbana Fall/Winter 2026-2027 Men's collection presented in Milan, Italy, Saturday, Jan. 17, 2026.

mashup for men. The designers played with Olympic imagery with their usual irreverence, including an intarsia Gold medal on a ski sweater, yet mindful of the International Olympic Committee's strictly enforced copyrights.

Ralph Lauren presented a much more patrician approach to mountaineering in its stately Milan palazzo, with a mélange of colorful patterned knits and cozy fleece jackets layered with puffers and flannel that evoked the brand's wholesome American heritage. Shown to an intimate celebrity crowd that included Nick Jonas, Tom Hiddleston and Noah Schnapp, the collection offered a cozy entrée to the Olympic season, even as news from home was anything but reassuring.

"As a designer you feel the vibrations in the world. Living in New York City and traveling around the world,

you feel the vibrations, and if you are sensitive to that, you develop an ear or a feel for the clothes that you think you're going to do the next season," founder Ralph Lauren said in a social media campaign before the show.

### Hats off at Prada

Prada's co-creative directors Miuccia Prada and Raf Simons explored the range of men's headwear, from berets to fedoras, made foldable as if origami, that when flattened could be snapped onto the back of outerwear.

Runway highlights included a modular men's cape that fit over coats and jackets, giving a layer of protection and utility. Men's dress shirts had T-shirt necklines and buttoned down the back; exaggeratedly long and purposely worn cuffs protruded from jacket sleeves. The ultra-slim silhouette of base layer car coats had fashionistas talking, but Mi-

uccia Prada was unapologetic: "That's fashion."

"Talking about intellectual honesty, we are working for a brand that sells expensive clothes to possibly rich people, and so you have to deal with beauty, elegance, to understand what is believable," she said.

### Legacy and sustainability

Zegna creative director Alessandro Sartori's latest collection is about wardrobe building over seasons with pieces that can endure generations, like the fashion house itself that recently named co-CEOs from its fourth generation. Sartori said he aims to produce more than fashion, but pieces that offer both quality and aesthetics. The jacket of the season was longer and more voluminous with square shoulders that can be worn single-breasted, double-breasted or more casually in a unique formation of three horizontal buttons. The styl-

ing versatility is achieved with a clever button-reversing mechanism.

"Our customers are collectors, and not just fashionistas," he said. "I want people to collect pieces like watches."

Underlining that brand identity, Zegna displayed behind glass a nearly century-old jacket made with the company's own fabrics. Today, the family-run business controls about 60% of its supply chain, which gives it a unique footprint as other Italian brands are enveloped in a supply chain scandal.

Simon Cracker, a 15-year-old brand featuring up-cycled fashion, is among a small cadre of fashion houses on the Milan runway that can talk up sustainability with any credibility.

Jewelry for men

From the red carpet to the runway, jewelry is becoming a central consideration for men's wardrobes. Dolce & Gabbana's evening looks were strong on lapel jewels, from big floral pins to ornate gold brooches embedded with watches, some with long, elegant chains — true heirloom pieces. Giorgio Armani included a smattering of subtle lapel pins for men.

Prada fastened its exaggeratedly long sleeves with gemstone cufflinks, like lapis lazuli and tiger's eye. Mismatched sculptural earrings finished the look.

Diversity and inclusion Ghanaian designer Victor Hart made his Milan runway debut supported by the decade-old Afro-fashion Association, with a strong collection of statuesque denim looks that incorporated street touches like industrial belting. □



# An app's blunt life check adds another layer to the loneliness crisis in China

By TED ANTHONY and FU TING

Associated Press

**BEIJING (AP)** — In China, the names of things are often either ornately poetic or jarringly direct. A new, wildly popular app among young Chinese people is definitively the latter.

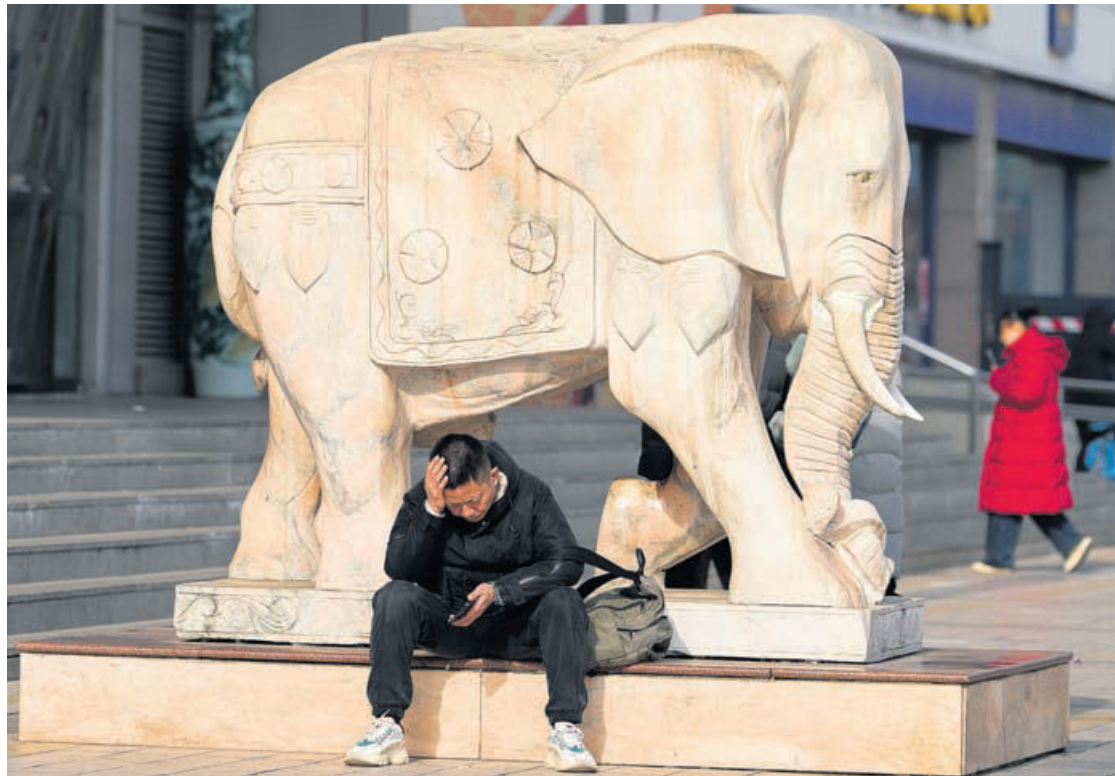
It's called, simply, "Are You Dead?"

In a vast country whose young people are increasingly on the move, the new, one-button app which has taken the country by digital storm this month is essentially exactly what it says it is. People who live alone in far-off cities and may be at risk or just perceived as such by friends or relatives can push an outsized green circle on their phone screens and send proof of life over the network to a friend or loved one. The cost: 8 yuan (about \$1.10).

It's simple and straightforward essentially a 21st-century Chinese digital pendant with an alert button on them for senior citizens that gave birth to the famed TV commercial:

**"I've fallen, and I can't get up!"**

Developed by three young people in their 20s, "Are You Dead?" became the most



A man reacts while holding his smartphone in Beijing, China, Thursday, Jan. 15, 2026.

Associated Press

downloaded paid app on the Apple App Store in China last week, according to local media reports. It is also becoming a top download in places as diverse as Singapore and the Netherlands, Britain and India and the United States in line with the developers' attitude that loneliness and safety aren't just Chinese issues.

"Every country has young people who move to big cities to chase their dreams," Ian Lü, 29, one of the app's developers, said Thursday.

Lü, who worked and lived alone in the southern city of Shenzhen for five years, experienced such loneliness himself. He said the need for a frictionless check-in is especially strong among introverts. "It's unrealistic," he said, "to message people every day just to tell them you're still alive."

**A reflection of life in modern China**

Against the backdrop of modern and increasingly frenetic Chinese life, the market for the app is under-

standable.

Traditionally, Chinese families have tended to live together or at least in close proximity across generations something embedded deep in the nation's culture until recent years. That has changed in the last few decades with urbanization and rapid economic growth that have sent many Chinese to join what is effectively a diaspora within their own nation and taken hundreds of millions far from parents, grandparents,

aunts and uncles.

Today, the country has more than 100 million households with only one person, according to an annual report from the National Bureau of Statistics of China in 2024. Consider Chen Xingyu, 32, who has lived on her own for years in Kunming, the capital of southern China's Yunnan province. "It is new and funny. The name 'Are You Dead?' is very interesting," Chen said.

Chen, a "lying flat" practitioner who has rejected the grueling, fast-paced career of many in her age group, would try the app but worries about data security. "Assuming many who want to try are women users, if information of such detail about users gets leaked, that'd be terrible," she said.

Yuan Sangsang, a Shanghai designer, has been living on her own for a decade and describes herself as a "single cow and horse." She's not hoping the app will save her life only help her relatives in the event that she does, in fact, expire alone.

"I just don't want to die with no dignity, like the body gets rotten and smelly before it is found," said Yuan, 38. "That would be unfair for the ones who have to deal with it." □

## U.N. chief lashes out at countries violating international law



United Nations Secretary-General Antonio Guterres attends an event in Baghdad, Iraq, Dec. 13, 2025.

Associated Press

By EDITH M. LEDERER

Associated Press

**UNITED NATIONS (AP)** — The United Nations chief lashed out Thursday at countries that violate international law and called the concentration of power and wealth by the world's rich-

est 1% "morally indefensible."

At the start of his final year at the helm of the United Nations, Secretary-General Antonio Guterres told the U.N. General Assembly that its 193 member nations are facing "a world marked by self-defeating geopolitical divides, brazen violations of international law, and wholesale cuts in development and humanitarian aid."

All these forces are shaking the foundations of global cooperation at a time when it is needed most, said Guterres, whose second five-year term ends on Dec. 31.

"Some seek to put international cooperation on deathwatch," the secretary-general said. "I can assure you: We will not give up."

Guterres has repeatedly criticized Russia for violating the U.N. Charter, which requires that every country respect the sovereignty and territorial integrity of all nations, by invading Ukraine in February 2022. He also has criticized the United States for its military operation in Venezuela to capture President Nicolás Maduro and its deadly attacks on boats in the Caribbean and Pacific that the U.S. says are carrying drugs.

"When leaders run roughshod over international law — when they pick and choose which rules to follow — they are not only undermining global order, they are setting a perilous precedent," Guterres said. The U.N. chief said people around the world are watching the erosion of international law and the consequences of impunity. He pointed to "the illegal use and threat of force; attacks on civilians, humanitarian workers and U.N. personnel; unconstitutional changes of government; the trampling of human rights; the silencing of dissent; the plundering of resources."

He also criticized countries that don't pay their U.N. dues on time — another jab at the Trump administration, which did not pay its mandatory dues to the U.N.'s budgets in 2025. Guterres warned of the dangers of a concentration of power and wealth in the world's richest 1%, who hold 43% of global financial assets.

"Increasingly, we see a world where the ultra-wealthiest and the companies they control are calling the shots like never before — wielding outsized influence over economies, information and even the rules that govern us all," he said. □



**THE WEST DECK**  
 ISLAND GRILL • BEACH BAR

**WEEKLY SPECIALS**  
 RESERVATIONS@THEWESTDECK.COM TEL: 587-2667  
 SPECIALS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

OPEN HOURS 10:30 AM - 11:00 PM

**MARGARITA MONDAY**  
 Starting at \$10

**TACO TUESDAY**  
 Beef, Chicken or Shrimp  
 Tacos starting at \$15

**WING WEDNESDAY**  
 By the dozen \$18

@THEWESTDECK

## Basic driving rules on Aruba: Roundabouts

(Oranjestad)—Have you ever felt confused when you're driving on the highways or backstreets of Aruba? Then we present a simple guide to some of the basic rules of Aruban traffic, along with some tips for things to look out for.

### Speed limit

Legally, the speed limit on the four-lane highways is 80 km/h. This speed limit also counts for the main roads that are connected to the highways. The minimum speed is 50 km/h. Most people drive around 60 km/h on the main roads and about 70 km/h on the highways. There are also areas that indicate a speed limit on a sign; these are usually around populated and school areas.

The four-lane highways contain the left-lane, also known as the "fast" lane for each direction. Here is where vehicles can drive up to the maximum speed. However, legally it is not permitted to drive for long periods of time on the left lane. This lane is primarily designed for drivers to switch lanes before a roundabout, for example, if your exit on the roundabout is on your far left. The general lane to drive in—both at maximum and minimum speed—is on the right lane.

### Roundabouts

Speaking of roundabouts, it is important to know where you have to enter and drive on the roundabout to make your exit. A good rule of thumb is to count the exits starting from your right side. So, exit 1 would be on your right; exit 2 would be straight ahead; exit 3 would be on your far left and exit 4 would lead to the road paralleled to the



one you're on, heading in the other direction.

Most roundabouts have these 4 exits, so they are relatively simple. When you're driving on the four-lane highway, it is important to know when to switch to the left lane to make your exit: if your exit is on your far left (exit 3), then you need to switch to the left lane on the high way before nearing the roundabout so you can take the path that leads you directly to your exit. If your exit is on your right or if you're going straight ahead, you can keep driving in the right lane of the highway.

It's also important to know that vehicles about to enter the roundabout must yield to those already on it. A good rule of thumb is to look out if someone is coming from your left side.

However, other roundabouts can be quite tricky to navigate...

### Watty Vos Boulevard (the "paperclip" roundabout)

Probably the biggest roundabout on the island, the "paperclip" roundabout on the Watty Vos Boulevard is one of the

trickier roundabouts that could—and has—caused confusion among both tourists and locals. However, once you take a good look at it, it's fairly simple. The basis is just the same as a regular roundabout (left exit? left lane! etc.), but instead of having four different exits like on a regular roundabout, now you have two extra; one on the right and the other on the left side of the roundabout. The rules don't change at all, you just have to keep an extra eye open.

### Airport roundabout

Ah, yes. The infamous airport roundabout. The fa-

vorite roundabout amongst local, because of its easy (hard) lanes that never (always) cause confusion among drivers. Sarcasm aside, this roundabout can be tricky to enter, especially when you're driving from the direction of the airport heading. When you're driving away from the airport reaching the roundabout, you'll be faced with three lanes. The far right lane is to take the exit 1 out heading east (right lane of highway). The middle exit is used for exit 1 (left lane of highway), 2 and 3. The far left exit is used to only exit on exit 3 (left lane of highway) and 4.

### "Las Americas" roundabout

The Las Americas roundabout is located farther west from the airport roundabout. This roundabout may look like a regular roundabout—and for the most part, it is. However, when you are driving from the east going in the direction of town, please take note that there are two exits on your right.

When you're driving towards this roundabout, you'll notice that the road becomes wider, splitting into two lanes. The right lane is used to take the first and second exit on the right. If you want to exit straight ahead, you must drive on the left lane!

It's always scary to drive in new places where the traffic may look and work differently, but once you get it right once, you'll get the hang of it in no time. Additionally, all roundabouts and roads on Aruba have signs and arrows painted on the road to help guide you. So take your time, keep your eyes open and don't forget to wear a seat belt! □







## ARUBA

*Beach Club Resort*

*Discover Aruba Beach Club, a family-friendly resort right on Aruba's white-sand beach.*

For more information, visit our website [arubabeachresort.com](http://arubabeachresort.com) or contact our sales team today!

At Aruba Beach Club, your family can enjoy comfort, community, and affordability with timeshares that last for generations.

Choose from 3 spacious unit types, enjoy affordable ownership, and secure your vacation spot in paradise for life.

## Aruba's Nature is to be Cherished



The national park Arikok comprises almost 18 % of the island. Its rugged terrain, desert-like hills filled with tall cacti, breathtaking coastline and protected

local flora and fauna welcome you to be explored. There are more places on the island that are a preserved area like the Bubali Plas which is a bird sanctuary.

The national park Arikok takes you on a memorable journey of the island's past offering unique geological,

cultural and historical sites. These can all be enjoyed and explored either on your own or during guided tours. A wide variety of educational and informative programs and fun activities is available.

Did you know that four of the in total seven species of sea turtle lay their eggs on Aruba's beaches during breeding season? In the national park, a Least Tern (*Sternula antillarum*) keeps a strict eye on a very special event taking place below on the beach: a majestic Leatherback (*Dermochelys coriacea*) heads back to sea after laying her eggs, while another nest laid 2 months ago by the same female hatches. A very rare occurrence of daytime nesting and hatching. Sea turtles prefer nesting in the cool and dark hours of the night. And hatchlings usually wait for the cue of cooling surface sand before emerging.

### Bubali Magic

This beautiful close-up image of the pink bird is courtesy of Michiel Oversteegen of the Aruba Birdlife Conservation. This important foundation showcases and builds awareness of Aruba's birds and other native flora and fauna. You may have seen a 'pink cloud' lately at the Bubali or Spanish Lagoon Wetlands areas? It's most likely

to be Roseate Spoonbills (*Ajaia ajaja*) or 'Chucharon Cora' as they are known in Papiamentu. This unusual looking bird forages in shallow muddy water while sweeping its flattened bill from side to side to catch small fish, crustaceans and other aquatic invertebrates. The Roseate Spoonbill remains an uncommon sight as they are vulnerable to degradation of feeding and nesting habitats (Wetlands).

The afore mentioned is just a part of what Aruba's nature has to offer. We cannot stress enough to go, see for yourself. The island has the most beautiful beaches but it is also worthwhile to go beyond this and get an idea of our entire island. Lately there is a discussion going on about the effect certain activities have on our nature, for example the ATV vehicles cause a lot of dust, noise and leave tire tracks. Animals live in these areas where the vehicles run, often with high speed and with detrimental consequences to flora and fauna. Motorized vehicles are forbidden to drive on the sand dunes in the Northern part of the island and all beaches in Aruba are forbidden for any motorized vehicle. Treasure our island to enjoy it like you do: as a tropical and natural paradise. We truly appreciate it! □

# HAPPY BIRTHDAY to Renee!



**(Oranjestad)—If you happen to see Renee today on the beach, at a bar having a drink, or at the Red Parrot enjoying dinner wish her a happy birthday!**

Renee enjoys spending her birthday at the Tamarijn every year. Her and her husband John love to get away from the cold and snow of upstate New York each January.

Renee says "It's like spending your birthday with family" as all of the staff at the Tamarijn remember

us from year to year. Their very best friends Pam and Phil Lavallee have joined them again this year.

We at Aruba Today wish you the best on your birthday, Renee. Happy Birthday! □





**Weekly Free Slot or Table Play for all qualified Club members.**

**WILDER  
Wednesday**

— WIN A SHARE OF UP TO —

**\$1,000 in  
Free Slot Play**

**Every Wednesday | 10am to Midnight**

Earn 25 points and swipe at any kiosk to play.  
Play up to five times each Wednesday.

**THE SHOPS AT ALHAMBRA CASINO**

Auntie Anne's Pretzels | Aruba Aloe | Baskin-Robbins  
Juan Valdez Café | Hungry Piranha - Pizza, Wings & More  
The Brownstone Ribs and Seafood | The Market  
Shalom Body & Soul Spa | Moments & Memories Jewelry  
Magnet Perfume Jewelry & Cosmetics | The Lazy Lizard  
Shalom Hair & Nails Bar | Twist of Flavors | Dunkin Donuts  
Treasure Cove | El Patio Tacos & Tequila | M8 Boutique  
Fusion Restaurant, Tapas, Wine & Piano Bar

**Alhambra**  
CASINO AND SHOPS

Open daily 10am to 3am | J.E. Irausquin Blvd #47 | 288.9000 | casinoalhambra.com

Play Responsibly. Visit [www.gamblersanonymous.org](http://www.gamblersanonymous.org) if you or someone you know has a gambling problem.



**Children enjoy the Fantasy Parade!**



On Sunday afternoon, the Fantasy Parade took place in San Nicolas, where children enjoyed a colorful parade filled with music and a great atmosphere.

It was a parade that saw participation from six groups: Don Flip, Little Groovers, Empire Carnival Group, Champagne Carnival Group, Unity Carnival Group, and lastly TOB Carnival Group.

The children shone in their bright colors, and it was great to see them dancing and singing together with their parents and family during the parade. There was also a special appearance by the win-

ner of the Youth Tumba, Melody Franken, who also enjoyed the lively atmosphere in San Nicolas.

The parade started at 2:00 p.m. and followed the familiar route in San Nicolas, starting on Joe Laveist, going to Lago Weg, Pastoor Henrickstraat, and ending back on Joe Laveist.

It was certainly a pleasant afternoon for the children, where they were able to "warm up" for the upcoming parades, looking ahead with special anticipation to the children's parades still to come. □

Photos courtesy of SMAC.







Article by Etnia Nativa

WhatsApp us 592 2702 and book your Aruban experience!  
Etnia Nativa is close to high rise Hotels



Episode 338 – CCCXXXVIII

## Tara-Tata and the Emergence of Aruba's Golden Age

**Etnia Nativa explores Aruba's indigenous heritage and the ancestral wisdom of its earliest inhabitants—knowledge of survival, medicinal plants, practical craftsmanship, celestial navigation, and the reading of weather patterns. Preserved across generations, these traditions continue to shape Aruba's cultural identity and affirm the enduring bond between the island, its people, and the land.**

On this occasion, the focus turns to a lesser-known chapter of the island's history: a more contemporary and worldly moment—the story of gold, the promise it held in the New World, and the profound transformation it set in motion.

More than five centuries ago, when the Spaniards first anchored along Aruba's southern shores, the island's people received them in peace and traded with sincerity. The area now colloquially known as Playa—derived from the word meaning “beach”—refer to a stretch of white sand nestled between rocky shores and mangroves.

This site served as a disembarkation point for horses and encompassed what is known today as Horses Bay, or Paardenbaai. At the time, the landscape was entirely different: a broad beach bordered a salt lake, while small freshwater streams and springs flowed near villages along the banks of the lagoon known as di rooi Manonchi.

The bay was considered a safe harbor for unloading livestock. Horses were brought ashore by swimming them to the beach, guided by the Caquetíos, renowned for their exceptional skill with animals. One person would stand on shore holding a lead, while mounted riders directed the swimming herd toward land.

This place was known to the natives as Taratata, a name the Caquetío said meant “place of arrival.” Life here followed a tranquil, rhythm-of-the-land existence—one that would change abruptly with the discovery of gold. The find was made by a Dutch mestizo

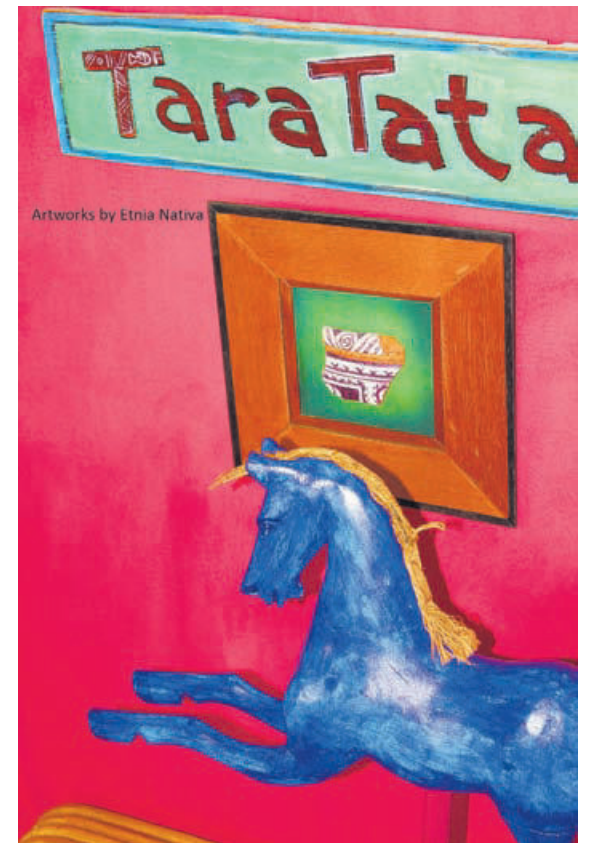
sheep herder named Willem Rasmijn, and its impact was immediate. Trade and activity surged almost overnight.

As word of Aruba's gold spread, it attracted not only traders but also freebooters, pirates, and buccaneers. Strange ships began appearing on the horizon. One did not have to be a corsair to seek fortune—anyone willing to try could stake a claim. As tensions rose, maintaining peace and order among the growing population became a pressing concern.

Governor Johan Rudolf Lauffer (1796–1803) recognized the need for defense. In 1797, the fort was constructed and four cannons were installed. From that moment on, the number of people settling around the bay steadily increased. As the area became safer, the seat of authority was moved from Ponton Hill, followed by the administrative offices. A new urban center began to emerge, and the commander established his headquarters there as well.

Oral tradition recounts that Commander Bruin Govertsz Quant (1805–1806) still resided at Ponton, and that his house was later destroyed by English invaders. Historical records from this period are often unclear; however, family stories passed down through generations tell us that around 1819, Commander Jan van der Biest III lived near what is now Windstraat.

At that time, the surrounding land was still *mondi*—a forest of enormous *Prosopis juliflora*, known locally as *kwihi*.



These woodlands surrounded the town to the north and east, while barren limestone soil overgrown with weeds and cacti dominated the landscape. Along the west coast beaches, a strip of sea grape (*Coccoloba uvifera*) bordered the shore..

Elders from Aruba's oldest families recall hearing that Van der Biest would sit beneath a *kwihi* tree in the evenings, playing and improvising melodies on his violin in front of his country house. It is a vivid image from Aruba's age of repose: the commander in his garden, music drifting through the air, families nearby, and enslaved servants offering refreshments. The calm was only occasionally interrupted by a visitor arriving on horseback or donkey to pay respects.

Through stories such as these, Etnia Nativa reconnects us with the layers of history that shaped Aruba—where indigenous knowledge, colonial technology, and oral memory converge—reminding us that the past still lives in the land and in the stories passed from one generation to the next, carried forward by Arubans of native roots.

Step beyond the beaches and resorts to engage with the heart and soul of Aruba's heritage visit Etnia Nativa, by appointment only:  
WhatsApp +297 592 2702  
etniana03@gmail.com

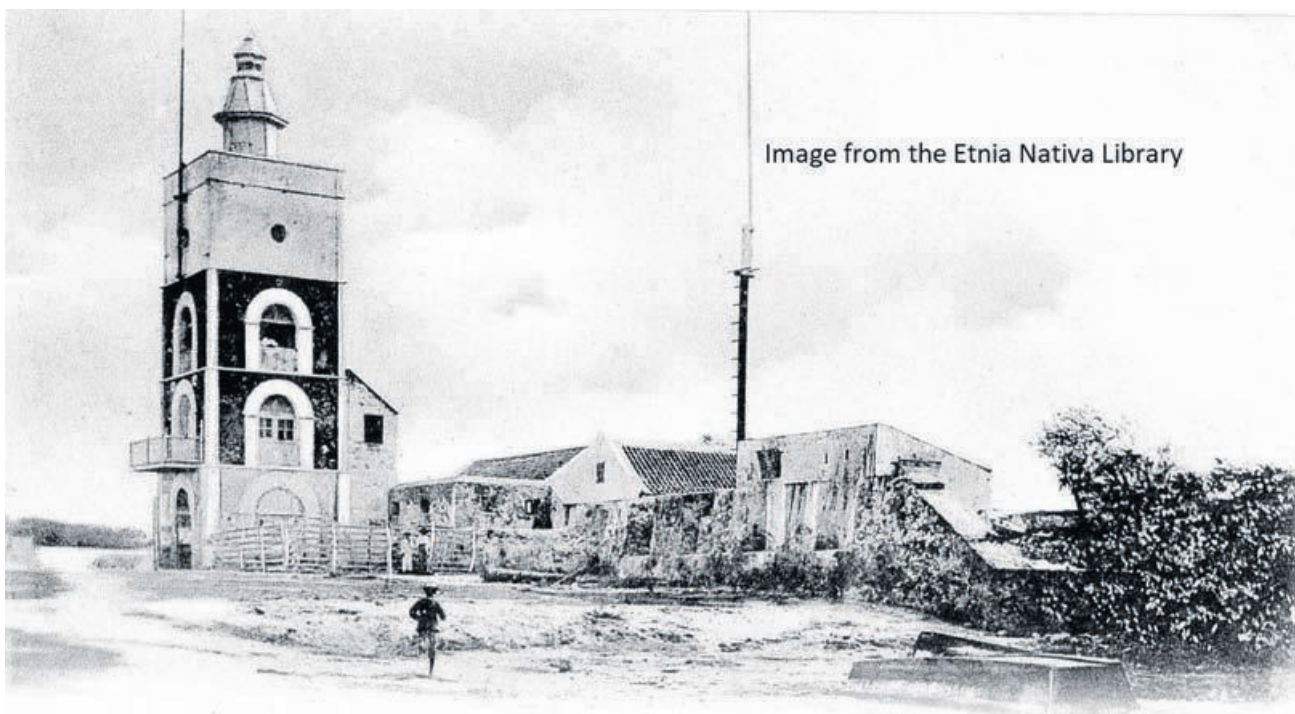


Image from the Etnia Nativa Library



## Lessons from our elders: Plants and fruits for medicinal use

**ORANJESTAD**—Though western medicine is now widely used for common illnesses and to keep our bodies healthy and happy, it is still very common in every household in Aruba (and around the world) to have staple home remedies that is passed on through generations. Here are some tips that our elders have passed on to us over the years.

### Pineapple

Pineapple has more uses than topping it on your Christmas ham. According to elders, the skin of a pineapple is great to use to refresh your body. Clean the skin thoroughly and make tea or warapa\* with it. It is said that this tea can also be drank after an operation on the ovaries or uterus. This gets rid of irritation and inflammation.



### Arrowroot

Arrowroot is native to tropical America and can be sold as a powder or whole. It is said that you can take arrowroot powder and make a “shal-up” (porridge) for stomach pain or when you're feeling weak. You can make it with milk too, but it is advised to best use just water. You can also add prunes for a bit of sweetness. Arrowroot shalup is also good to treat an unhealthy gut or for diarrhea.

To make arrowroot shalup, boil a bit of water and add one tablespoon of arrowroot powder and stir continuously until you reach porridge consistency. If you make a shalup with milk, add a pinch of salt. Raw arrowroot powder can be used to powder babies.

### Eggplant/Aubergine

Eggplants, or aubergines, are easy to find in supermarkets around the world and can be grown all year round on the island. Related to potato and tomato, eggplants are good to calm nerves. It can also be used to lower blood pressure, by steeping its leaves in boiled water and drinking it. You can also make eggplant juice to help purify your blood. However, do make sure to drink slowly; let it mix with your spit and then swallow.

Eggplant kataplan\* can also be used to treat skin tumors, abscesses and hemorrhoids. Eggplant kataplan can also be used externally to



treat arthritis. □

\*warapa: term referring to a water and sugar solution, a.k.a simple syrup.

\*kataplan: porridge-like mixture used externally for wounds or parts of the body that are painful or swollen.



## Planning on snorkeling? Get to know our Candelchi!

**ORANJESTAD**—If you're ever planning on snorkeling during your vacation on Aruba, you may spot fish that you can't recognize. One of these may be the “Candelchi” (Squirrelfish), a common, yet shy fish that swims all year long in the waters of Aruba.

Let's talk about the names of fish. Do you know your fish? The Department of Agriculture, Livestock, and Fisheries, known as Santa Rosa, offers this informative article that illustrates some fish and their names in Papiamentu.

Candelchi, Squirrelfish, *Holocentrus adscensionis*:

Candelchi actually refers to the entire squirrelfish family or, as some say, when we say candelchi, we mean several different species but without distinguishing them by species. In this picture, we are showing the most common one in our waters, which is called squirrelfish in English or scientifically known as *Holocentrus adscensionis*.

Under candelchi, we in Aruba generally refer to all the different species of squirrelfish. They all look alike and it's really difficult to distinguish between them.

The squirrelfish family is distinguished by the following characteristics. They are heart-shaped with pink or red hues and often show heart-shaped streaks between the scales along the body. They have hard fins and are always



armed. Over at our sister island Curaçao, they are called “bari di clabo” (nail barrel) for that reason.

In our waters, there are 7 to 8 types or species present and they are sometimes caught and seen occasionally. They can be distinguished by different marks such as color on the dorsal spine or marks on the body.

### In Aruba:

Candelchi are found on reefs or areas with structure in the water where they can hide. Although they prefer to hunt for food at night, they are also active during the day. They are edible and delicious when prepared dry and crispy with lime. It is particularly challenging to scale the fish, which is why it is not one of the favorites among fishermen. They often live in groups. □



CROSSWORD

By THOMAS JOSEPH

ACROSS 41 Tart fruits

1 Cries of insight

5 Book part

10 Dollar divisions

12 Dancer Castle

13 Exams for absentees

15 Airport sched. abbr.

16 Tissue layer

17 Even score

18 Belgrade setting

20 On this spot

21 Wet, in a way

22 March middle

23 Become prevalent

25 Anxiety about exclusion, for short

28 Over

31 Privy to

32 Trombone parts

34 Old auto

35 Had lunch

36 One — million

37 They may be taken on a treadmill

40 Shake your booty

DOWN

1 High points

2 Gangster's gun

3 Turkey's capital

4 Sault — Marie

5 Metropolis

6 Metal source

7 Like some interests

8 Complete

9 Views again



11 Flat on one's back

14 Tries out, as a game

19 Plains grazer

20 Delhi tongue

24 Coves

25 Historic events

26 Boxing combo

27 Secured to the dock

29 Prolific inventor

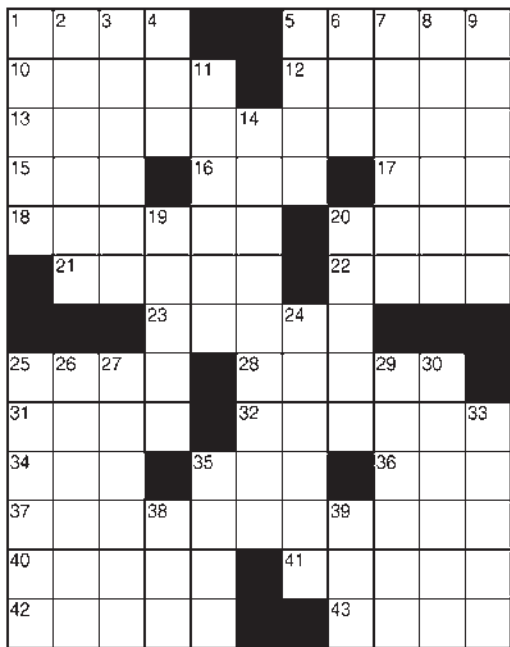
30 Ready for the body shop

33 Impudent

35 Invites

38 Pitching stat

39 Quarter-back Manning



1-31

AXYDLBAAXR  
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

1-31 CRYPTOQUOTE

JNEL WXPLY QMLCCH EFYC.

NE HXZ SXR'C YCXQ FRS JXXU

FMXZRS XRAL NR F TONJL,

H X Z A X Z J S W N Y Y N C .

— "ELMMNY GZLJJLM'Y SFH XEE"

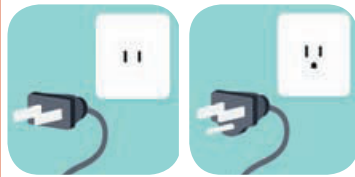
Cryptoquote: YOU'VE FAILED, YOUR HIGHNESS. I AM A JEDI, LIKE MY FATHER BEFORE ME. — "RETURN OF THE JEDI"

Cruise ship Schedule: Jan. 13 - 18 2026

|     |    |                        | ARR   | DEPT  | BERTH |   |
|-----|----|------------------------|-------|-------|-------|---|
| MON | 19 | CARIBBEAN PRINCESS     | 09.00 | 22.00 | C     | 1 |
| TUE | 20 | MS RENAISSANCE         | 09.00 | 18.00 | B     | 1 |
|     |    | CARNIVAL HORIZON       | 08.00 | 22.00 | C     | 1 |
| WED | 21 | QUEEN VICTORIA         | 08.00 | ****  | B     | 1 |
|     |    | ISLAND PRINCESS        | 08.00 | 17.00 | C     | 1 |
|     |    | SERENADE OF THE SEAS   | 08.00 | 23.00 | I     | 1 |
|     |    | FREEWINDS              | 06.00 | ****  | E     | 1 |
| THU | 22 | QUEEN VICTORIA - Dept. | ****  | 17.00 | B     | - |
|     |    | MAJESTIC PRINCESS      | 07.00 | 16.00 | C     | 1 |
|     |    | CARNIVAL CONQUEST      | 08.00 | 17.00 | I     | 1 |
| FRI | 23 | BRILLIANT LADY         | 10.00 | 19.00 | B     | 1 |
|     |    | NORWEGIAN STAR         | 11.00 | 20.00 | C     | 1 |

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.



Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.



Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.



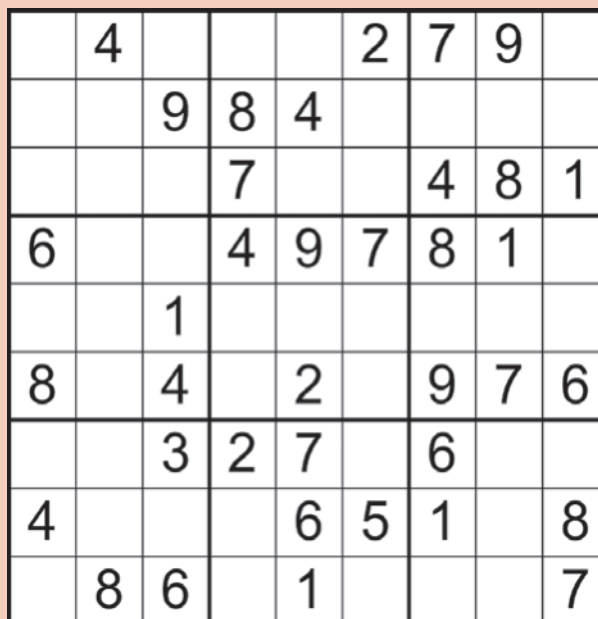
Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occur, so keep yourself and your belongings safe.

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku



Difficulty: ★★★

1/21

Answer to previous puzzle

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 9 | 3 | 6 | 8 | 1 | 2 | 7 |
| 7 | 2 | 3 | 9 | 5 | 1 | 8 | 6 | 4 |
| 1 | 6 | 8 | 7 | 2 | 4 | 9 | 3 | 5 |
| 6 | 9 | 7 | 5 | 8 | 3 | 4 | 1 | 2 |
| 2 | 3 | 1 | 4 | 9 | 6 | 7 | 5 | 8 |
| 8 | 5 | 4 | 1 | 7 | 2 | 3 | 9 | 6 |
| 4 | 1 | 2 | 8 | 3 | 5 | 6 | 7 | 9 |
| 9 | 8 | 6 | 2 | 1 | 7 | 5 | 4 | 3 |
| 3 | 7 | 5 | 6 | 4 | 9 | 2 | 8 | 1 |

Difficulty: ★★

1/20





In this undated handout photo provided by Heinrich Heine University Duesseldorf in January 2026, a blacktip reef shark swims at Sealife Oberhausen in Oberhausen, Germany.

Associated Press

## Sharks are famous for fearsome teeth, but ocean acidification could make them weaker

By **PATRICK WHITTLE**  
Associated Press

**PORTLAND, Maine (AP)** — Sharks are the most feared predators in the sea, and their survival hinges on fearsome teeth that regrow throughout their lives. But changes in the ocean's chemistry could put those weapons at risk. That is the takeaway from a study performed by a group of German scientists

who tested the effects of a more acidic ocean on sharks' teeth. Scientists have linked human activities including the burning of coal, oil and gas to the ongoing acidification of the ocean. As oceans become increasingly acidic, sharks' teeth could become structurally weaker and more likely to break, the scientists found. □

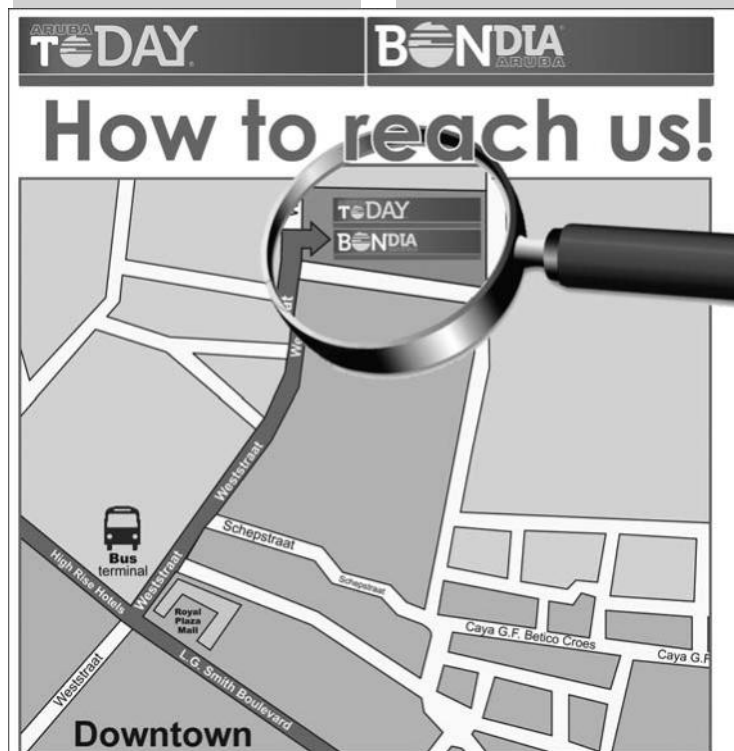
### For Rent

Divi Village Golf  
Eagle Beach  
1 BR sleep 4  
Date :23 January to 30 January 2026  
Price :\$ 1800  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Eagle Resort

Eagle beach  
1 BR sleep 4 week # 2  
Room # 5538 top floor  
Price :\$10,000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

220066



# CLASSIFIEDS

### Le Vent

Eagle beach  
2 BR 2 1/2 bath  
4 rd floor ocean view  
Price :\$1,350,000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Appartments Complex

Under construction  
Monserrat Noord  
5 min walk to palm beach  
2x 2 BR 1 bath and 3x 1 BR 1 bath  
602 m2 commercial land  
Price turn key :\$1,000,000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Eagle Beach

Commercial land to build  
12 office spaces ( Map approved)  
6 ground floor 6 1st floor  
2630,92 m2 ( 53,820 sq feet)  
Price :\$750,000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### House For Sale

San Fuego near Natural Park  
3 BR 3 Bath with 1 restroom  
Pool on a property land 4136 m2  
Price :\$1,300,000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### House For Sale

Washington Noord  
5 min drive to palm / eagle beach  
3 BR 3 bath with 2 apartment  
With pool  
Price :\$750,000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Barcelo Resort

Palm beach  
All - inclusive  
Week 6 and 7  
3 BR 3 Bath on the 9 th floor  
Ocean front  
Price :\$50,000 both weeks  
Call :011 -297-630-1307  
johnnypaesch@gmail.com

### Eagle Resort

Eagle Beach  
1 Bedroom sleep 4  
Week # 9 room # 1556  
Ground floor in front the pool  
Price :\$10,000  
Call:011-297-630-1307  
johnnypaesch@gmail.com

### Divi Village

Eagle Beach  
1 BR week 52 room # 3308  
15 weeks remaining \$10,000  
1 BR week 01 room # 3208  
8 weeks remaining \$6000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Time - share owners

Are you interested in sell  
Your Time - share in Aruba  
Call the expert  
40 years doing business  
Free appraisal and advertisement  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Divi Village

Eagle beach  
Studio week # 1 room # 8201  
19 weeks remaining  
Price :\$8000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Divi Phoenix

Palm beach  
Penthouse 2 BR WK # 1 room # 672  
21 weeks remaining  
Price :\$40,000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Condo Project

Palm beach  
Property land 4433m2  
42 Apartments  
39 x 88m2 and 3 x 72m2  
Price :\$5,357,098,20  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Le Vent

Eagle beach  
3 BR 3 1/2 bath  
5th floor ocean view  
Price :\$1,550,000  
Call :011-297-630-1307  
johnnypaesch@gmail.com

220070

### House for sale

Under construction  
Weg Kustbatterij ( sanicolaas )  
10 min drive to baby beach  
2 stories 4 BR 2 bath nice ocean view  
Price :\$154,500 as where is  
Call :011-297-630-1307  
johnnypaesch@gmail.com

### Eagle Resort

Eagle Beach  
1 BR Sleep 4  
week # 5 Room #3524  
Price :\$ 10,000  
Call:011-297-630-1307  
johnnypaesch@gmail.com



## HEALTH

### DOCTOR ON DUTY

#### Oranjestad

Hospital 7:00 pm / 10:00pm  
Tel. 527 4000

#### San Nicolas

Imsan 24 hours  
Tel.524 8833

### PHARMACY ON DUTY

#### Oranjestad:

Sta. Anna: Tel.586 8181

#### San Nicolas:

Seroe Preto:Tel.584 4833

### OTHER

Dental Clinic 587 9850  
Blood Bank Aruba 587 0002  
Urgent Care 586 0448  
Walk-In Doctor's Clinic  
+297 588 0539

### EMERGENCY

|                |          |
|----------------|----------|
| Police         | 100      |
| Oranjestad     | 527 3140 |
| Noord          | 527 3200 |
| Sta. Cruz      | 527 2900 |
| San Nicolas    | 584 5000 |
| Police Tipline | 11141    |
| Ambulancia     | 911      |
| Fire Dept.     | 115      |
| Red Cross      | 582 2219 |

### TAXI SERVICES

|                  |          |
|------------------|----------|
| Taxi Tas         | 587 5900 |
| Prof. Taxi       | 588 0035 |
| Taxi D.T.S.      | 587 2300 |
| Taxi Serv. Aruba | 583 3232 |
| A1 Taxi Serv.    | 280 2828 |

### TRAVEL INFO

|                   |          |
|-------------------|----------|
| Aruba Airport     | 524 2424 |
| American Airlines | 582 2700 |
| Avianca           | 588 0059 |
| Jet Blue          | 588 2244 |
| Surinam           | 582 7896 |

### AID FOUNDATIONS

Aruba Food Bank  
Tel. 588 0002  
FAVI- Visually Impaired  
Tel. 582 5051  
Alcoholics Anonymous  
Tel. 736 2952  
Narcotics Anonymous  
Tel. 583 8989  
Fundacion Contra Violencia  
Relacional Tel. 583 5400  
Centre for Diabetes  
Tel. 524 8888  
Child Abuse Prevention  
Tel. 582 4433  
Quota Club Tel. 525 2672

### General Info

Phone Directory Tel. 118

Like us on  
**Facebook**



ARUBA TODAY NEWS



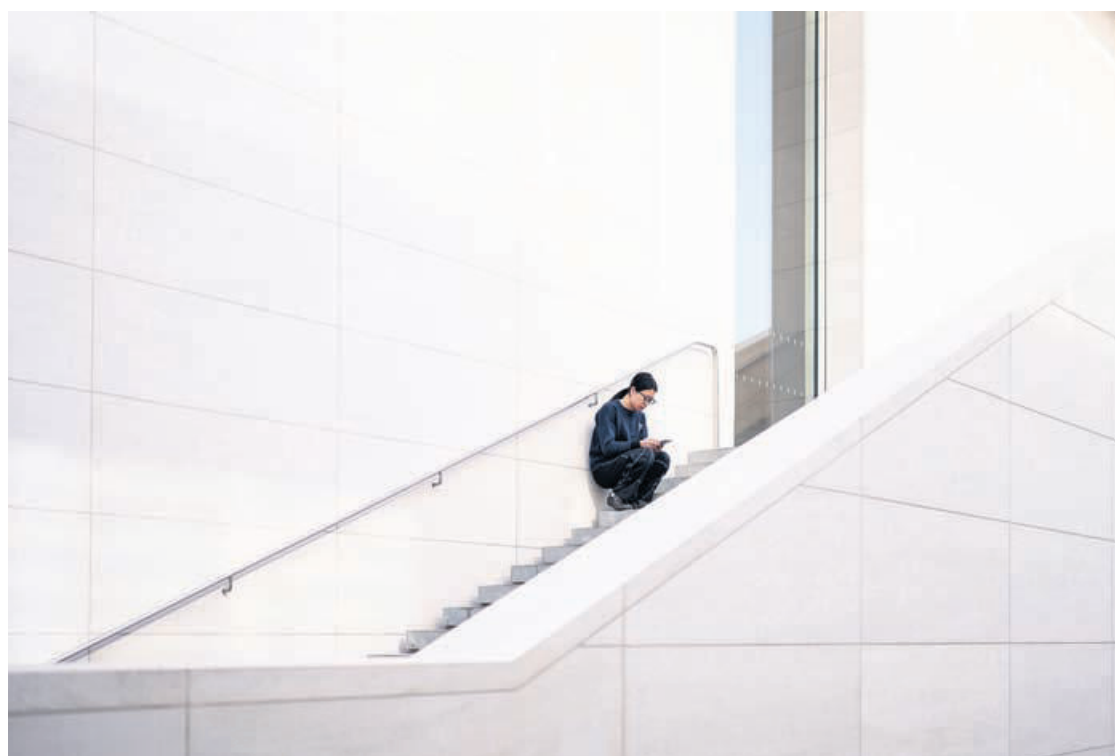


# Social media addiction's surprising challenger? Anti-doomscrolling influencers

By KAITLYN HUAMANI  
AP Technology Writer

It's simple to accidentally become entranced by an endless loop of videos on Instagram or TikTok. But sometimes, that mindless scroll is interrupted by a reminder that what you thought was a 10-minute break spent on your phone was closer to 30 minutes. Olivia Yokubonis, armed with a kind voice and scientific research, often pops up in feeds on social platforms, gently reminding viewers that they might not remember the video they saw two videos before she appeared on the screen.

Yokubonis is a content creator who goes by the name Olivia Unplugged online, making videos to combat overuse or mindless use of social media. For the most part, people who view her videos welcome the disruption from the endless loop of content, treating it as a



A woman checks phone sitting on a stairway outside a shopping mall in Beijing, China, Thursday, Jan. 15, 2026.

wake-up call to get off their phones. Other times, they are snarky.

"People will comment and they'll be like, 'Oh, (it's) ironic that you're posting. And I'm like, 'Where else am I supposed to find you, Kyle? Outside? You're not outside. You are here, sitting here,'" she said. "For us to actually be seen, we have to be where people are." Yokubonis' content responds to the feeling many people have, that they spend too much time on social media or apps.

"Most people have no clue how much time they spend on social media," said Ofir Turel, a professor of information systems management at the University of Melbourne who has been studying social media use for years. Through his research, Turel found that when he presented people with their screen time information, they were practically "in a state of shock" and many people voluntarily reduced their usage afterwards.

Yokubonis is part of a growing group of content creators who make videos encouraging viewers to close out the app they're on. Some are aggressive in their approach, some more tame; some only occasion-

ally post about social media overuse, and some, like Yokubonis, devote their accounts to it.

She works for Opal, a screen time app designed to help users "reclaim their focus," she said, but those who engage with her content might not have any idea she is working for the company. Brand logos, constant plugs to download the app and other signs of branding are almost entirely absent from her page. "People love hearing from people," she said. Millions of views on her videos point to that being true.

"It's a fine line and a balance of finding a way to be able to cut through that noise but also not adding to the noise," she added. Ian A. Anderson, a post-doctoral scholar at California Institute of Technology, said he finds this kind of content interesting, but is curious whether it's disruptive enough to prompt action.

He also said he wonders whether those with the strongest scrolling habits are "thoughtless about the way (they're) intaking information."

"If they're paying full attention, I feel like it could be an effective disruption, but I also think there is a degree

to which, if you are really a habitual scroller, maybe you aren't fully engaging with it," he said. "I can think of all sorts of different variables that could change the effectiveness, but it does sound like an interesting way to intervene from the inside."

With billions of active users across TikTok, Instagram, YouTube and other social media platforms, talk of cutting down on screen time is perennial, as is the idea of addiction to social platforms. But there's tremendous disagreement over whether social media addiction actually exists.

## Is social media "addiction" real?

Researchers, psychologists and other experts agree some people spend too much time on social media, but the agreement tends to stop there. Some researchers question whether addiction is the appropriate term to describe heavy use of social media, arguing that a person must be experiencing identifiable symptoms, like strong, sometimes uncontrollable urges and withdrawal, to qualify as addiction. Others, like Turel, acknowledge the term seems to resonate with more people and is often used colloquially.

Anderson said he recognized the prevalence of casual mentions of being addicted to phones and was curious to see if that talk was "benign."

A recent study of his suggests the debate extends further than academic discourse. In a representative sample of active Instagram users, Anderson found that people often overestimate whether they are "addicted" to the app. On a self-report scale, 18% of participants agreed that they were at least somewhat addicted to Instagram and 5% indicated substantial agreement, but only 2% of participants were deemed at risk of addiction based on their symptoms. Believing you are addicted also impacts how you address that issue, Anderson said.

"If you perceive yourself as more addicted, it actually hurts your ability to control your use or your perception of that ability and makes you kind of blame yourself more for overuse," Anderson said. "There are these negative consequences to addiction perception."

## Cutting down on screen time

For those looking to curb their social media habits, Anderson suggests making small, meaningful, changes to stop from opening your social media app of choice. Moving the app's place on your phone or turning off notifications are "light touch interventions," but more involved options, like not bringing your phone into the bedroom or other places where you often use it could also help. Plenty of intervention methods have been offered to consumers in the form of products or services.

But those interventions require self awareness and a desire to cut down on use. Content creators who infiltrate social media feeds with information about the psychology behind why people scroll for hours a day can plant those early seeds. □



### Editor

Caribbean Speed Printers N.V.  
Aruba Bank N.V. Acc. #332668  
Caribbean Mercantile Bank N.V.  
Acc. #23951903  
RBC Royal Bank Acc. #1330772

### Editors

Pilar Flores

Richard Brooks

Angenette Figueroa

Oriana Geerman

### Sales

Mark Gomes

Sulaika Croes

### Classifieds

classified@cspnv.com

### Distribution and Collection

accounting@bondia.com

### Social / Website

Juan Luis Pinto

Weststraat 22  
T: 582-7800

E: news@arubatoday.com

W: www.arubatoday.com

@ArubaTodayNews





## Curt Cignetti finishes his masterpiece, coaching unbeaten Indiana to title in his 2nd season

By ALANIS THAMES

AP Sports Writer

MIAMI GARDENS, Fla. (AP)

— Curt Cignetti came to Indiana to win championships.

The old-school, blunt-spoken coach who began his Hoosiers tenure with a promise to bring swift success to the losingest program in college football completed his masterpiece on Monday night, guiding Indiana to a 27-21 win over Miami in the College Football Playoff final and the first national championship in school history.

Cignetti accomplished what few imagined could be done at least not this quickly. But after taking advantage of the transfer portal and name, image and likeness money to build a championship roster, Cignetti coached the Hoosiers to their first No. 1 ranking, and they finished off an undefeated campaign in front of 67,227 fans at Hard Rock Stadium, concluding one of the most surprising turnarounds in college



Indiana head coach Curt Cignetti smiles after their win against Miami in the College Football Playoff national championship game, Monday, Jan. 19, 2026, in Miami Gardens, Fla.

Associated Press

football history.

Cignetti who began his head coaching career at Division II Indiana University of Pennsylvania in 2011 became the first head coach to win a national title in his first or second season with a team since Gene Chizik led Auburn to the champi-

onship in 2010.

"What's this moment like for me?" Cignetti said. "Back when I was waxing the staff table at IUP Thanksgiving weekend and the school was shut down for the playoffs ... Did I ever think something like this was possible? Probably not. If you keep

your nose down in life and keep working, anything is possible."

Cignetti kept working and kept winning through stints at Elon and James Madison before he made the leap to the Big Ten and dismissed skeptics by saying,

"I win. Google me."

On Monday night, Cignetti described his team's performance as gutsy. He certainly called the game that way with a pair of fourth-down gambles on a scoring drive in the fourth quarter that ended with a bruising touchdown run by Heisman Trophy-winning quarterback Fernando Mendoza.

Cignetti went for it on fourth-and-5 at Miami's 37, and the result was a first-down catch by Charlie Becker, who whipped around to snag a back-shoulder pass for a 19-yard gain.

The next was a call from fourth-and-4 at the 12 that was by far the biggest of the game.

Cignetti initially sent his kicker out but then called a timeout.

The team huddled on the field, and the coach drew up a quarterback draw. Mendoza scored, slipping a tackle and muscling his way into the end zone to put the Hoosiers up by 10 with nine minutes left. □

## DeSantis loses bet on Miami Hurricanes, owes Indiana governor key lime pie and stone crabs

PINELLAS PARK, Fla. (AP) — Florida Gov.

Ron DeSantis said Tuesday that he owes Indiana Gov. Mike Braun some key lime pie and stone crabs for losing a bet after Indiana's 27-21 win over Miami earned the college football team the national championship.

DeSantis said at a news conference on nursing education that he will be sending the key lime pie, as well as stone crabs from the famous Miami Beach eatery, Joe's Stone Crab, to the Indiana governor due to his losing wager on the Miami Hurricanes at the hands of the Indiana Hoosiers Monday night in Miami Gardens, Florida.

The Florida governor said he had been promised sugar cream pie, also known as Hoosier pie, and pork tenderloin from the Indiana governor if Miami had won.

DeSantis joked that it might be quicker just to drop off the pie and stone crabs at Marco Island, a barrier island on Florida's southwest coast which is popular with Midwestern vacationers and snowbirds this time of year.

"You know, honestly, half of Indiana is in Marco Island this time of year," DeSantis said. "Can I just bring this stuff to Marco Island? It would be a lot easier for us." □



Republican presidential candidate Florida Gov. Ron DeSantis laughs at the Iowa State Fair, Aug. 12, 2023, in Des Moines, Iowa.

Associated Press



# Sinner's bid for Australian Open three-peat begins with anticlimactic win

By JOHN PYE  
AP Sports Writer

MELBOURNE, Australia (AP)

— Two sets and just over an hour of tennis wasn't what Jannik Sinner wanted at Rod Laver Arena for the start of his bid for an Australian Open three-peat. In his first competitive match since beating Carlos Alcaraz at the ATP Finals in November, Sinner was leading 6-2, 6-1 when No. 93-ranked Hugo Gaston suddenly retired from their match Tuesday night with an undisclosed injury.

"I saw that he was not serving with a very high pace," Sinner said, but "it's not the way you want to win the match."

After signaling he had to



Jannik Sinner of Italy serves to Hugo Gaston of France during their first round match at the Australian Open tennis championship in Melbourne, Australia, Tuesday, Jan. 20, 2026.

Associated Press

packed stadium, just trying to do your best."

Sinner is aiming to become the fourth player to win three consecutive men's titles at the Australian Open.

## Osaka's fashion statement

Wearing a wide-brim hat, veil and holding a white parasol as she walked onto Rod Laver Arena for the last night match, Naomi Osaka made a grand entrance.

The four-time major winner went on to beat Antonia Ruzic 6-3, 3-6, 6-4, and later explained the inspiration for her design.

"It's modeled after a jellyfish," Osaka said. "I'm just so grateful I get to do the things I love."

## Keys opener

Madison Keys had a tough start to her title defense, struggling early against the offbeat style of Oleksandra Oliynykova before advancing 7-6 (6), 6-1.

Ninth-seeded Keys, playing in her 50th Grand Slam tournament, trailed 4-0 before finding her rhythm.

"Obviously I was very nervous at the start," Keys said. "As nervous as I was . . . I'm really glad to be back, and that I got through that match." Oliynykova's unorthodox shot-making and strong defense kept Keys off balance in the first set.

"I feel like that made things a little extra tricky," Keys said. "I felt like at the end of the tiebreaker I really kind of found my game and then was able to carry that into the second set."

Oliynykova gained a lot of attention with her unique body art and ink, and a printed message for Ukraine on a T-shirt she wore in her post-match news conference.

No. 5 Elena Rybakina and No. 10 Belinda Bencic advanced in straight sets, but two women's seeds were ousted in straight sets early on Day 3, with Janice Tjen upsetting 2021 U.S. Open finalist Leylah Fernandez and Tereza Valentova beating Australia's Maya Joint. □

Experience Aruban culture with this exciting theme night featuring a Carnival show, mixology bar, local artists and more. You can sample Aruban cuisine, including delicious BBQ options with a tropical twist. A local brass band will be performing, and you can pose with elaborately dressed Carnival dancers for a memorable photo op as well, so don't miss it.

USD \$59pp\*

Kids 6-12 yrs. pay ½ price

Book your table at  
RenArubaEvents.com  
and party like a local!



Renaissance Ocean Suites Beach  
Thursday Nights, 6:30-10pm

**DUSHI ARUBA THIS WAY:  
PARTY LIKE A LOCAL.**



**R**  
RENAISSANCE  
WIND CREEK ARUBA RESORT

\*Plus 17% service charge